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ABSTRACT OF DISCLOSURE

25 An easy-to-use manual grinder for peppercorns, salt crystals and other grindable products. The manual grinder comprises a container (12) with a shaft (14) passing therethrough. The shaft (14) is connected to conical round type grinder plates (16) at the base (20) of the grinder (10). At its upper end 30 the shaft (14) is coupled to a toothed wheel (18), which meshes with a rack (22) the rack being able to slide in an essentially perpendicular direction to the axis of the shaft (14). The rack is moved by a lever 42 pivotally connected (44) to the container (12).